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BUYING AND USING POULTRY

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COP 2

All graded poultry is safe, wholesome food. Only the quality differs among the grades.

Any kind of poultry (chicken, turkey, etc.) may bear the grade mark. You'll find it printed on packaging such as film wraps and boxes or on paper inserts or wing tags.

The table below can be used as a rough guide

for amounts of poultry to buy. Use the smaller figure for roasting and stewing chickens when the meat is to be served with stuffing, noodles, etc., the larger figure when the meat will be served alone. Use the smaller figure for heavy turkeys (18 pounds and up), the larger figure for lighter turkeys.

*Amount of Ready-to-Cook Weight To Buy,
Per Serving:*

Chicken:

Broiling..... $\frac{1}{4}$ to $\frac{1}{2}$ bird

Frying, roasting..... $\frac{3}{4}$ to 1 pound

Stewing..... $\frac{1}{4}$ to 1 pound

Turkey..... $\frac{1}{2}$ to 1 pound

Duck or goose..... $\frac{3}{4}$ to 1 pound

Always read the poultry label. The class

name printed there often suggests suitable cooking methods.

For broiling, frying, barbecuing, or roasting, choose a young bird. Words indicating young birds with tender meat and delicate flavor are: Broiler or Fryer (chicken or duckling); Fryer or Roaster (turkey); Roaster, Capon, Caponette (chicken); Young Hen, Young Tom, Roasting (turkey); Young (duck or goose).

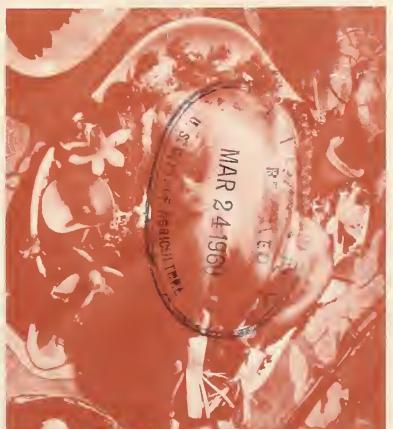
For creamed chicken or turkey salad, choose a mature bird, for firmer meat and fuller flavor. Words indicating mature birds: Stewings, Chicken, Hen, Fowl (chicken); Hen, Tom, Yearling (turkey); Mature (duck, goose).

Loosen any tight transparent films on fresh-chilled poultry; refrigerate promptly, and use within a few days.

Keep frozen poultry hard frozen until time to thaw. Cook it promptly after thawing. For best quality, do not refreeze.

Keep cooked poultry, broth, stuffings, and gravy covered and in the refrigerator; all are perishable. Use within a few days.

HOW TO BUY POULTRY by USDA grades



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U. S. DEPARTMENT OF AGRICULTURE

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This leaflet supersedes Home and Garden Bulletin No. 34, "Poultry Buying Guides for Consumers."

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USDA GRADES FOR POULTRY



U.S. GRADE A



poultry is full-fleshed and "meaty" and has a good layer of fat. The skin is smooth and practically without tears, discolorations, or pinfeathers. There are no crooked or broken bones. The bird is clean and attractive.

THE GRADE MARK

This shield design is the official grade mark. It contains the letters "U.S.D.A." and the letter grade printed in a light color on a dark field. Grade labels in cooperating States may use the phrase "Federal-State Graded" near but not in the shield.

Any ready-to-cook poultry may be graded for quality if it has been inspected for wholesomeness. Often the grade shield and inspection circle are shown side by side on the label—or on paper inserts, wing tags, or giblet bags.



U.S. GRADE B



poultry may be slightly lacking in meatiness and fat. Or, there may be a few pinfeathers or minor tears or discoloration of the skin. Or perhaps there is a broken bone or the bird is slightly misshapen. Any one or more of these flaws may cause a bird to be put in Grade B instead of Grade A.



U.S. GRADE C

poultry may be poorly fleshed on breast and legs, with breastbone prominent. It may have no fat. Leg, wing, and breastbone may be misshapen or bones may be broken. There may be a scattering of pinfeathers and any number of cuts, tears, or discolorations of the skin. Any one of these flaws may cause a bird to be placed in Grade C instead of Grade B or Grade A.